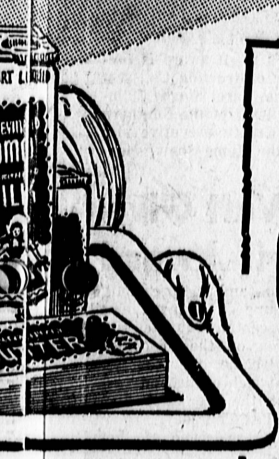




We Give **BLUE CHIP STAMPS**

**MONTH**



JERSEYMAID CATERING

**ICE CREAM**  
ASSORTED FLAVORS  
1/2-GAL. CARTON  
**59¢**

JERSEYMAID—QUART CARTON, 45¢

**COTTAGE CHEESE** PINT CARTON **23¢**

WISCONSIN AGED **CHEDDAR CHEESE** LB. **59¢**

MARKET BASKET AMERICAN, PIMIENTO OR SWISS **SLICED CHEESE** 8-OZ. PKG. **29¢**

KRAFT PHILADELPHIA **CREAM CHEESE** 8-OZ. PACKAGE **35¢**

**Market Basket Sundries**

Dietary for Weight Control, Variety of Delicious Flavors

**METRECAL** YOUR CHOICE **\$1.69**  
8-OZ. LIQUID, HANDY 6-PAK  
1/2-LB. POWDER, 98¢; 3-LB. POWDER, \$5.49

RUBBERMAID, 13 1/4"x23", ASSORTED COLORS  
**BATH MATS** \$1.19 VALUE **79¢**

IMPROVED SAFETY VACUUM CUP DESIGN GRIPS TUB  
KNIT WRIST

**CANVAS GLOVES** **29¢**  
FOR BOTH LADIES AND MEN, 39¢ VALUE

MEN'S SIZES 10 TO 13  
**ARGYLE SOCKS** SPECIAL **59¢**

PLASTIC ASSORTED COLORS  
**FLY SWATTERS** **2 FOR 29¢**  
GOOD HOUSEKEEPING  
COOK BOOKS  
19th in Series of 20  
"Around the World"  
EA. 39¢

**Market Basket**



Expert 24-Hr. Photo  
Finishing Service

We Reserve the Right to Limit Quantities

PRICES EFFECTIVE THURS., FRI., SAT.  
SUN., MON., TUES., WED., JUNE 1-7,  
ONLY AT THE FOLLOWING STORE:

**1401 S. Hawthorne Blvd., Redondo Beach**  
NEXT TO ZODY'S DEPARTMENT STORE

U.S.D.A. GRADE A FRESH

**CHICKEN FRYERS** LB. **27¢**

CUT UP, PAN READY LB. 29¢ SPLIT BROILERS LB. 35¢

FRESH **GROUND BEEF** LB. **39¢**

GROUND SHOULDER LB. **59¢** GROUND ROUND LB. **69¢**

U.S.D.A. GRADED CHOICE BEEF

BEST CUTS **7-BONE ROAST** **39¢**

THICK MEATY CUTS **CHUCK STEAK** LB. **49¢**

**ROUND BONE CHUCK STEAK** FOR SWISSING OR ROASTING LB. **59¢**

BONELESS—ROLLED AND TIED **SHOULDER CLOD ROAST** FOR BARBECUE OR OVEN LB. **79¢**

THICK ENGLISH CUT **FAMILY STEAK** LB. **69¢** BONELESS LEAN **STEWING BEEF** PRE-CUBED LB. **69¢**

**SMOKED PORK CHOPS** CENTER CUTS, LB. ANY THICKNESS **79¢**

WILSON'S FULLY COOKED (BY THE PIECE, LB., \$1.29)  
**SLICE-N-SERVE HAM** SLICED 10-OZ. PKG. **99¢**

ARMOUR CAMPFIRE BRAND EASTERN **SLICED BACON**

1-LB. PACKAGE **49¢**

**LIQUORS**

NOW IN 100 PROOF BOTTLED IN BOND—KENTUCKY'S FINEST!

**JOHNNY DRUM** FIFTH **\$4.29**

PRIVATE STOCK, BURGUNDY, ROSE OR SAUTERNE  
**TORINO WINE** FULL GALLON **\$1.29**

MILWAUKEE'S FINEST BEER IN NO-DEPOSIT BOTTLES  
**BLATZ BEER** 6 FOR **\$1.09**

XLNT SPANISH FOODS

**BEEF TAMALES** LARGE 9-OZ. 4 for **\$1.00**

CHILI CON CARNE, 8-OZ. PKG., 35¢

BLUE DIAMOND **BREADED SHRIMP** **\$1.29**  
LARGE ECONOMY 1 1/2-LB. PKG.

CARNATION BRAND **SHRIMP** PEELLED AND DEVEINED 7-OZ. PKG. **75¢**

WAKEFIELD **KING CRAB MEAT** 6-OZ. PKG. **75¢**

**FRANKS** 1-LB. PKG. **49¢**

MARKET BASKET **ROQUEFORT DRESSING** 8-OZ. BOT. **45¢**

MARKET BASKET **POTATO SALAD** 16-OZ. CTN. **29¢**

JUNE 1, 1961

THE TORRANCE HERALD

19

CROSSWORD PUZZLE

ACROSS  
1-Moccasin  
2-Household  
3-The kava  
4-(pl.)  
5-Caustic  
6-Possessive  
7-Whisk  
8-Continued  
9-Color  
10-Burn with  
11-Cuts of meat  
12-Walk  
13-uneasily  
14-Severs  
15-Mature  
16-Country of  
17-Asia  
18-Shade tree  
19-Sun and  
20-Large truck  
21-Babylonian  
22-High  
23-Perpetuating  
24-Vague  
25-Randarae  
26-Crippled  
27-Spar  
28-Fruit cakes  
29-Endured  
30-Minor item  
31-Toward the  
32-sheltered  
33-The self  
34-Virginia  
35-Army meal  
36-Road  
37-Bird's home

DOWN  
1-Free ticket  
2-Fish sauce  
3-South  
4-American  
5-Polon  
6-Facial  
7-Mountain  
8-By symbol for  
9-Attempt  
10-Apparition  
11-Suitcase  
12-River in  
13-England  
14-Arabian  
15-report  
16-Hebrew  
17-month  
18-Prying  
19-device  
20-Waterway  
21-Macaw  
22-Female  
23-(colloq.)  
24-Shallow  
25-vessel  
26-Confederate  
27-general  
28-Morning  
29-Analyse, as  
30-prayer  
31-Bridge term  
32-Evaluate  
33-Tardy  
34-Charlie  
35-Crematoria  
36-Morning  
37-Canine  
38-A state  
39-Abbrev.

TRAMPS EVERY  
PRISON FINER  
RIGS ALONE AT  
THE SPINE AREA  
SO UNDESIRABLE  
GNEZZED FIRST  
BEER SITE  
TRIPS SLEEPER  
RATS PARSAM  
ATE DEAVYHAM  
AT STINE ROSE  
PANAMA BEAGS  
NEWEL SAGES

1 2 3 4 5 6 7 8 9 10 11  
12 13 14 15 16 17 18 19 20 21 22  
23 24 25 26 27 28 29 30 31 32 33  
34 35 36 37 38 39 40 41 42 43 44  
45 46 47 48 49 50 51 52 53 54 55  
56 57 58 59 60 61 62 63 64 65 66  
67 68 69 70 71 72 73 74 75 76 77  
78 79 80 81 82 83 84 85 86 87 88  
89 90 91 92 93 94 95 96 97 98 99  
100

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## Lions Clubs Join Fight Against Glaucoma by Organizing Clinics

K. H. SUTHERLAND, M.D., County Health Officer

About one million persons in the United States have undiagnosed glaucoma, according to estimates, and perhaps as many as 80,000 of these individuals live in California. Since the disease is a leading cause of both total and partial blindness in adults past 40, the figures have tragic implications in a population possessing an ever-increasing number of older people.

Unfortunately, the chronic and most common form of the condition is generally painless in its early stages, and loss of sight is so gradual that it is either imperceptible or thought to be part of the normal aging process. The victim may therefore be completely unaware that his eyes are badly in need of medical care.

GLAUCOMA OCCURS when the fluid in one or both eyeballs can no longer circulate as it should. Tension or pressure then builds up within the eye and, in time, the fluid is pushed against the retina at the rear of the eyeball. Unless the condition is treated, the retinal nerve cells are gradually destroyed and sight is lost.

As Glaucoma progresses, loss of peripheral or side vision occurs, objects become blurred or foggy, rainbow-colored rings may be seen around lights, a pronounced inability of the eyes to adjust to darkness is evident, and no glasses can be obtained which give complete satisfaction.

THE ACUTE and relatively infrequent form of glaucoma is characterized by sudden cloudiness of vision, which may or may not be accompanied by severe pain. This type of glaucoma occasionally runs in families, and experts estimate that about 10 per cent of acute glaucoma cases have an hereditary basis.

Detection of glaucoma is not difficult. A scientific instrument (tonometer) is now used

which accurately gauges the pressure in the eyeball, and when this pressure is above normal the presence of the disease is indicated.

IN NEARLY all cases, early treatment can prevent the progress of the disease and preserve vision for the lifetime of the individual. Sight already lost, however, can never again be restored.

While every person over 40 should ask for a glaucoma test whenever he has a physical examination, many medical authorities have concluded that the test is particularly important in the case of those individuals who have certain chronic diseases such as high blood pressure, hardening of the arteries, or arthritis. In all instances, however, even when the initial test is negative, it is generally recommended that a recheck be done every two years.

BECAUSE EARLY recognition of glaucoma is essential if blindness is to be prevented, glaucoma detection clinics have been developed by the California Society for the Prevention of Blindness, in co-operation with community Lions Clubs. Information on the locations and dates of these clinics—or other free or low cost glaucoma clinics in Los Angeles County, may be obtained by contacting the Society at 1574 Crossroads of the World, Los Angeles 28.

When you grow plants in pots—or any container—keep a close eye to the water you give them. Many gardeners, when they find the soil in a pot is dry, merely dash a bit of water on it and call it a day. This treatment is apt to go for naught since a slightly dried root ball will shrink away from the pot and the water merely runs down the side and out. If you would enjoy potted plants and have peace of mind, too, water them often enough to keep the soil moist. If this means daily, so be it.

## KNOW YOUR NAVY

REAR ADM. DAVID WATSON TAYLOR



DAVID TAYLOR, AFTER GRADUATING WITH HONORS FROM THE NAVAL ACADEMY IN 1885, WAS SENT TO THE ROYAL COLLEGE IN ENGLAND WHERE HE AGAIN SET SCHOLASTIC RECORDS. WHILE CHIEF NAVAL CONSTRUCTOR AND CHIEF OF THE BUREAU OF CONSTRUCTION AND REPAIR (NOW BUSHIPS) TAYLOR INTRODUCED INNOVATIONS THAT LEAD TO THE MODERN SHIP DESIGN OF TODAY. THE EXPERIMENTAL DAVID TAYLOR MODEL BASIN IS NAMED IN HONOR OF THIS OUTSTANDING NAVAL ENGINEER.